

*Events this Week*

**Farmers' Market**

**Tuesday, July 10:  
1:00 – 5:00pm  
On the Terrace  
outside the Medical  
School Entrance**

To purchase a pedometer, visit the Step Ahead office at S7-746.

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com).

## FARMERS' MARKET RETURNS!

Step Ahead and the Greater Worcester Farmers' Market are thrilled to bring back the Farmers' Market to the University Campus community!

**When and where?**

Every Tuesday from July 10<sup>th</sup> to October 30<sup>th</sup>, vegetables, fruits, and freshly baked goods will be available on the plaza outside the main entrance to the medical school from 1 to 5 PM.

**What will be available?**

Check out the website: [http://www.mass.gov/agr/massgrown/get\\_fresh\\_seasons.htm](http://www.mass.gov/agr/massgrown/get_fresh_seasons.htm) for a general idea of when locally grown crops become available. In July, for example, you will find blueberries, peaches, raspberries, beans, carrots, cauliflower, cucumbers, peppers, summer squash, tomatoes, and others.

**Do the taste test**

Have you ever compared the taste of a fresh tomato just picked from the vine with one from a local grocery store? The fresh tomato almost tastes like a different fruit, for it has been picked when ripe and brought to you directly from the farm. A tomato from the grocery store, on the other hand, may have been grown for its ability

to travel long distances, picked before it is ripe, and trucked over many miles. You can really taste the difference! Farmers' Markets can also bring you healthy items that may be hard to find in stores, such as unique greens for salads and cooking.

**Recipes and more**

Watch the weekly Step Ahead newsletter, information centers and displays for recipes highlighting the fresh produce of the season. Occasionally Step Ahead will be at the Farmers' Market with recipes, ideas and samples for you to try as well.

**Support local farmers**

By buying at a Farmers' Market or farm stand, you are supporting local businesses and family farms, so they can continue to grow fresh and nutritious produce. For more information try these Internet sites: [www.farmfresh.org](http://www.farmfresh.org), <http://www.mass.gov/agr/index.htm> or [www.massfarmstands.com](http://www.massfarmstands.com).

The Greater Worcester Farmers' Market accepts cash as its only form of payment. New this year, you can also buy gift certificates.

### Recipe of the Week

**Summer Slaw**  
8 Servings

**Dressing:**

- 3 Tablespoons rice vinegar
- 2 Tablespoons olive oil
- 3 Tablespoons creamy peanut butter
- 2 Tablespoons reduced sodium soy sauce
- 1 Tablespoon brown sugar
- 1 Tablespoon freshly grated ginger
- 1 Tablespoon garlic, chopped very fine

**Salad:**

- 5 cups green cabbage, shredded (can use bagged cabbage)
- 1½ cups purple cabbage, shredded (can use

bagged cabbage)

- 1 red or yellow bell pepper, cut into thin strips
- 1 cup carrots, shredded
- 3 scallions, sliced thinly
- 1/3 cup fresh cilantro leaves (more or less to taste)

- Dressing: In a large bowl mix the vinegar, oils, peanut butter, soy sauce, brown sugar, ginger and garlic. Refrigerate until ready to use. Can be made ahead.
- Combine the salad ingredients in a large bowl. Add the dressing and combine to coat well.

**Nutrition Information**

- |                   |                     |
|-------------------|---------------------|
| Calories: 100     | Carbohydrate: 9g    |
| Total fat: 6.7g   | Dietary Fiber: 2.5g |
| Saturated fat: 1g | Protein: 3g         |

### Tip of the Week

Fitness gives your brain a boost. Exercise, especially aerobic exercise, helps maintain or enhance cognitive power. So run and lift for mental fitness and health. Your brain cells love oxygen and stimulation. <http://exercise.lifetips.com/cat/61294/fitness/index.html>

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)